

SAMPAN

Inside this issue of SAMPAN see *FAMILY HEALTH*, the quarterly newsletter of the South Cove Community Health Center.

Public meeting to seek ways to negotiate with Tufts on land use

A bilingual public meeting will be held in Chinatown on Thursday, Jan. 24 to begin what some community housing advocates hope will lead to fruitful negotiations between the Chinese community and Tufts University concerning the university's role in helping alleviate Chinatown's severe housing and land shortage.

The meeting, at 7 p.m. at the Quincy Community School, 885 Washington Street, is to allow anyone interested in the housing issue to express his views and to learn of recent developments affecting housing in Chinatown.

It is hoped by the meeting organizers, James Yee, administrator of Quincy Community School and Louis Scrima, formally executive director of the Chinese-American Civic Association, that the meeting as a whole can reach a consensus on how the Chinese community should proceed in any upcoming negotiations with Tufts.

One possibility, Scrima said, was for the meeting to elect a representative committee to talk with Tufts and then report back to the community at another public meeting. Any firm proposals decided upon by that committee and representatives from

Tufts would have to be ratified by the community at large, Scrima said.

Significant developments over the past few months within the Boston Redevelopment Authority (BRA), the city's planning agency, Tufts University (composed of the university, the Floating Hospital, and Tufts-New England Medical Center), in addition to a growing activism on the part of some Chinatown organizations, have all contributed to the timeliness of the public meeting.

In a September letter that marked an apparent shift in BRA policy — or at least a change of mind — Director Robert Ryan wrote Tufts University president Dr. Jean Mayer that the university was not sufficiently using some land designated for its development in the 1966 master plan. Tufts, Ryan wrote, should consider relinquishing one or two land parcels, presently used for automobile parking, to the Chinese community for housing (see Nov. 1979 SAMPAN).

Plans for a public meeting in November to discuss the content of that letter were postponed because Dr. Mayer, who was to attend, became ill.

A public relations spokesman for the university said last week that officials at the university and the hospital have discussed the latter and will respond to the BRA "shortly after the first of the year."

The event which sparked the Jan. 24 public meeting was a Dec. 12 dinner meeting between Louis Scrima, James Yee and representatives from Tufts, including William Saltonstall, chairman of the board of governors, and Dr. Allen D. Callow, chairman of the board of trustees of the university.

None of the representatives of Chinatown Scrima and Yee invited to the meeting attended. Peter Chan, English secretary of the Chinese Consolidated Benevolent Association, was informed only the day before the meeting and could not attend. Tunny Lee, of the Massachusetts Institute of Technology, was out of town. Frank Chin, purchasing agent for the city of Boston, told Scrima he had to meet with the mayor, and Ronald Yee, director of the Chinatown YMCA, reportedly fell asleep and missed the meeting.

According to Scrima, he and Yee outlined the complaints

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A long history, but what's next for Old Quincy School

In 1848 when cows were still being driven through Allston to the slaughter house and sailing ships lined the wharves of Boston harbor, the Quincy School was built on Tyler Street to reduce overcrowding in other "boys grammar schools" in the South End.

Generations of students later, and 127 years after its construction, the Quincy School, now overcrowded itself, quietly shut its doors. The grade school children and teachers entered the new Quincy Community School on Washington Street. The old school, since 1975, has been boarded up and unused ever since.

Plans for the building's use as a community center, along with other ideas, have sur-

faced briefly over the years, only to be forgotten or abandoned. The Chinese Consolidated Benevolent Association (CCBA), with some input from other community organizations, has recently renewed efforts to formulate plans for the old Quincy's renovation and use, but no immediate action is expected.

Meanwhile the building that has seen generations of Chinese in Boston pass through its doors lies vacant except for the pigeons roosting on the third floor, some of its windows broken, others wide open, its copper plumbing long since vandalized.

"It was a good school," said Chinatown resident Neil Chin, who attended the fourth grade at Quincy School in 1929. "I think there was

only one other Chinese student in my class. I remember there were a lot of Syrians."

When he was a small boy, Chin said, the Chinese population in Boston was very small and most of the adults were employed in the laundry business. Chinese restaurants, he said, did not come into prominence until after World War II.

Although records indicate there were Chinese students in the Quincy School as early as 1897, nowhere do exact figures appear. Prior to 1900, Chinese numbered no more than five or six out of a student population sometimes reaching 800.

For the first 40 years of its existence, the old Quincy School probably had no

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Aliens Must Register

The SAMPAN reminds all persons whom are classified as aliens by the federal government that they must register their name and address with the U.S. Immigration and Naturalization Office.

If you are a permanent resident, foreign student, re-

fugee, or crewman, you may register at the CACA Multi-Service Center or at the Chinatown Little City Hall.

The procedure requires that a simple card be filled out and mailed.

For those who have a language problem, the staff of the MSC will assist you to fill out

the necessary registration card. Remember to register before January 31.

The law states, "Inexcusable failure to report is punishable by fine or imprisonment and/or deportation." If you are affected by this law, please do not neglect this important matter.

Public meeting good idea organizations say but inner community disputes may arise

Spokesmen for the Chinese Consolidated Benevolent Association, the Chinatown Housing and Land Use Task Force, as well as representatives from Tufts agree a public meeting could be a valuable step for the Chinese Community to begin confronting the university in an organized way over the housing issue.

There remains, however, the potential for inter-community disputes over exactly who will represent Chinatown's interests in negotiations with Tufts, and, more significantly, who will support any firm plans that might arise out of these negotiations.

There are essentially three organizations that for varying lengths of time have been in the forefront in disputes with Tufts: The CCBA, the recognized "umbrella head" of the Chinese community; the Task Force, about one year old and the most visibly active of the three; and the Seven Man Committee, some of whom are members of the CCBA and which was created specifically to deal with community disputes with Tufts.

There are also a number of what might be called unaffiliated housing advocates, such as James Yee and Louis Scrima.

Peter Chan, English language secretary of the CCBA, said they are not interested in "stifling any negotiations" with Tufts as long as "those involved are not profit minded and the enterprise is for low income or elderly housing, and the group or individual shows proper respect for the CCBA."

The CCBA, said Chan, reserves the right to review any proposal concerning the community at large.

"I would say, or conclude on my years in the community," said Chan, "that any decision or agreement (with Tufts) without the review of the CCBA would not be effective. We are not interested in running the whole thing, but

some protocol, some respect must be shown."

Chan said the CCBA has not actively pursued Tufts on any of the issues, and Tufts, for its part, "has not even formally written to the CCBA asking for advice or guidance," Chan said.

Task Force member Davis Ja said he thinks the CCBA, by not participating but waiting "to approve or disapprove a plan is setting itself up as the overlords of Chinatown."

The Task Force, which held a demonstration Dec. 12 at the ground breaking ceremony of the USDA Nutrition Center, presented Tufts officials with a petition signed, Ja said, by 1600 Chinatown residents and other concerned people. Ja said he considers the signatures an "endorsement from the community" for the Task Force.

"I see the Task Force as another organization in Chinatown," Ja said. "I don't think, I know we don't represent Chinatown. No one group does."

Edward Guen, Chinese Economic Development Council board chairman and a member of the Seven Man Committee said the committee was formed to "look into various problems people or organizations might have with Tufts."

But the response from Tufts has been negligible. The last time the committee met, Guen said, was four or five months ago.

"I'm not sure the seven man committee would take exception to a public meeting," Guen said. "If Tufts wishes to deal with another organization, and the BRA is willing to go along, then so be it. I don't see why the Seven Man has to be involved, unless that organization (makes a decision) that involves the whole community, and the CCBA doesn't approve of that decision, then the CCBA would say something."

If it is difficult for Chinatown to speak with one voice,

it appears no less difficult for Tufts. Comprised of the university, the Floating Hospital, and Tufts-New England Medical Center, the institution in the past has often frustrated Chinatown advocates by passing comment and responsibility from one school to another.

Chairman of the Board of Governors for T-NEMC William Saltonstall did little to clear up this communication problem when asked if the institution could have a representative spokesman.

"To the extent we can, of course," Saltonstall said. "But if no policy has been formed, we can't."

One example of the kinds of negotiable problems facing Chinatown and Tufts is Saltonstall's comment on Tufts automobile parking problem. Because the university is "very concerned with parking problems," Saltonstall said, they have rented a garage across the turnpike and are shuttling students to their classrooms. "But," said Saltonstall, "this cuts into their studying time."

Chinatown however is more concerned with living space than parking space and considers the intown parking lots a waste of land.

The problem that any negotiators would face are that both housing and parking are legitimate issues.

"We have to realize that they need parking space," said Ronald Yee, director of the Chinatown YMCA. "This is not a one way street. Tufts did not take our housing, redevelopment did that. The community allowed the highway to be built and is now suffering the consequences."

If negotiations between Tufts and Chinatown are not a one way street, as participants on both sides agree, and Tufts has land to relinquish, then what has Chinatown to offer?

"All we can offer Tufts," said Yee, "is to live in harmony."

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Cover story

The brush painting of a grapevine on SAMPAN's front page was painted by Tin-Yu Wan, a Braintree artist who has studied Chinese brush painting for over 40 years and has held numerous shows and demonstrations in Massachusetts.

Wan, 65, teaches brush painting at the DeCordova Museum in Lincoln and is presently searching for studio space in Chinatown so he can paint and teach. Among the artists Wan studied under in mainland China

and in Hong Kong are Hin Yung Ding and Bin Hung Wang.

Grapes, Wan explained, are a favorite subject for Chinese artists because of the spirit and symbolism of the fruit and the technical difficulties in rendering them. "For the new year," Wan said, "grapes represent happiness and prosperity and are a symbol of a ripening, sweet future."

Another of Wan's paintings, in color, will appear on the front page of SAMPAN's Chinese New Year's edition.

NOTICE OF PUBLIC HEARING

The Economic Development and Industrial Corporation (EDIC), in conjunction with the Massachusetts Port Authority, will hold a public hearing on January 10, 1980 in the Cafetorium at the Tynan Community School, East 4th Street, South Boston, at 7:30 p.m.

The purpose of this Public Hearing is to receive public comment on two development projects, one at the Boston Marine Industrial Park (formerly the South Boston Naval Annex) located at 660 Summer Street, South Boston and the second at the Boston Army Base, located at 666 Summer Street, South Boston.

Said public comment will be integrated into the Economic Development Projects being drawn which will allow EDIC the full use of its development powers.

All interested parties are urged to attend this meeting. Persons wishing to testify at this hearing should notify Mr. Christopher Carlawsor Mr. Joseph Downing at EDIC by calling 725-3342 by Friday, January 4, 1980. Written comments will be accepted at EDIC, offices located at 60 Congress Street, Boston up until Noon on Wednesday, January 9, 1980.

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The City's Youth Advisory Council wants to know. The Council is holding a public hearing on Monday, January 21, at the Quincy Community School, from 7:30 to 9:30 p.m. Come and speak. For information call 725-3631.

ABCD offers free courses

Action for Boston Community Development (ABCD), Boston's anti-poverty agency, has openings in a selection of free second-term college credit courses starting in January. Although the courses are designed primarily for ABCD program participants and staff members, remaining openings are available to community residents on a first come, first served basis.

The courses carry credits leading to a certificate of achievement in the fields of human services, early childhood education, and management; or to an associate of arts (A.A.) degree in the fields of human services, early childhood education, liberal studies, and business administration.

Classes for the ABCD Community College Program are held at ABCD's 178 Tremont St. offices, across from the Boylston Street MBTA station and the Boston Common.

This semester's course offerings are: Law for the Working Person (Business Law); Psychology of Social Relations; Communications I;

Communications II; Community Resources and Services; Counseling Methods and Interviewing Techniques; Introduction to Public Administration; Observation and Recording of Childhood Behavior; Principles of Management; Early Childhood Curriculum I; Business Math; Report Preparation; Psychology of Group Experience; Human Growth and Development/Life Span; History and Theory of Early Childhood Development; Principles of Psychology; Techniques of Group Discussion; Principles of Accounting; and Urban Sociology.

Registration will be held on Tuesday, January 8, from 11 a.m. to 2 p.m.; on Wednesday, January 9, from 4 to 6 p.m.; and on Thursday, January 10, from 11 a.m. to 2 p.m. Interested individuals must sign up in person at the ABCD Personnel Department, at 178 Tremont Street, Boston, 6th floor.*

There are no tuition or registration fees, but students should expect a cost of approximately \$10.00 per course for books and materials.

* To find out if space is available after Jan. 10th, call 357-6000 ex. 416

Chinese Cultural Center has new Boston office

New Office

We've moved our business office to 31 State Street in downtown Boston. It is located directly across from the Old State House and 60 State Street, and is five minutes from Government Center on the Green Line. All Center activities will still be held in Brighton.

Cultural Exchange with China

The People's Republic of China has tentatively agreed to send an acrobatic troupe to Boston and other major cities in August-September, 1980 at the invitation of the Center. Anyone interested in helping with the Cultural Exchange Committee on publicity, tic-

ket sales, sponsorship, hosting members of the troupe, ect., please call Yon Lee.

Chinese New Year Celebration

The Center will celebrate the year of the Monkey with a New Year's Eve variety show (Feb. 15, 1980), a New Year Dinner/Dance Party (Feb. 16), an indoor exhibition/festival and other events in February. The New Year Celebration Committee put on a great show last year at the Hyatt; we need new ideas and talents to make this celebration a better one.

China Forum

The Center is sponsoring the China Forum, 80—a group of

well-known Chinese-Americans and Americans of various disciplines with first-hand knowledge of China to speak on the overall influence of China and its culture within the last three years. Current plans call for one speaker a month. The lectures will be held either at John Hancock or at the Hyatt; some will be straight talks and others will be more informal with luncheons. There will be wide publicity for individual lectures and for the entire forum. One of the intents is to increase the Center's membership. The list of speakers is only at an early contact stage. The suggested speakers are: Arthur Miller, Paul Fang, Gerald Cohen, Ted Kennedy, and Richard Nixon. If you have suggestions for speakers with wide audience appeal, please call Deborah Brown at the Center.

Correction...

In the December SAMPAN we incorrectly listed the family income requirements for applying for heating fuel assistance. Eligibility for the \$25 million program is based on 125 percent of the federal poverty level, not 150 percent as reported in the SAMPAN. Anyone who needs help in filling the assistance form or has any questions concerning the program, can contact the Chinese American Civic Association at 426-8673 or 426-8681.

Eligibility Standards Chart
125 percent of federal poverty level

family size	total family income
1	\$ 4,250
2	\$ 5,625
3	\$ 7,000
4	\$ 8,375
5	\$ 9,760
6	\$11,125
7	\$12,500
8	\$13,875

The Quincy Community School's Adult English as a Second Language Program held its first graduation ceremony on Dec. 18, 1979. The ceremony celebrated the achievements of the members of the graduating class in learning English.

Some of the students had been with the program since its inception in 1976 while others joined the classes at intermediate levels. The following students received Certificates of Achievement: Bo King Yee, Siu Ngor Lee, San Ying Yu, Wai Cheng Chan, Hing Wah Tam, Chow Shou Jin, Wai Yue Kim, Lai Koon Foun, Lai Mui Yu, So Mui Wong, Tuong Ke Loi, Yuen Har Li, Hu Fu Cheng Chen, Trieu Hue Lang, Mai Thi Ha, Susan Lee, Lai Sim Kwong, Carey Chan, Chin Shek Jong, Tong Jeng Cho, Yu Wen Szeto.



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1980 U.S. Census: accurate count vital for Chinatown

The 1980 census questionnaire will be in the mail soon and census employees nationwide are striving to get an accurate count of the U.S. population. Of particular interest to the Census Bureau are the minority populations which in the 1970 census were undercounted by as much as 7 percent, while the white population was undercounted by only 1.9 percent.

Richard Chin Ning, 23, a census community services specialist, has been working with the Chinese population in Boston and the American Indian population in Maine, trying to "spread the word" that an accurate census count of minorities is important, that it affects representation and federal money to their communities. Last week, in an interview, Ning answered some questions about the census.

SAMPAN: When can Chinatown residents expect to receive the census envelope in the mail?

Ning: They should be getting the census questionnaire on Friday, March 28, 1980.

SAMPAN: When should they have the completed form back in the mail?

Ning: We're asking people to send it back on Tuesday, April 1, or before.

SAMPAN: Why is it important to get an accurate count out of Boston Chinatown?



Ning: There are two reasons. The first reason for a census, in 1970, and today also, is to assure that each congressperson represents the same number of people. At this time about 430,000 people are represented by each congressperson.

The other reason, and it is becoming increasingly important, is that federal funds are based on information from the census. Over 100 federal programs, including revenue sharing, the primary and secondary school act, programs such as daycare centers, health centers and senior centers receive money based on the census.

Q. So if there is a miscount?
A. If the census bureau says there are only 5000 Chinese in Boston, then agencies (looking for money for Boston Chinatown) will only get enough money for 5000 people, even though there may be more. That's why it is important that the commun-

ity makes sure everyone knows about the census, that everyone does get counted and that Chinatown gets its fair share.

SAMPAN: What will the questionnaire form look like?
Ning: There will be two types of forms. A long form and a short form. The majority of the households will receive the short form. Only one in every six households will get the long form.

SAMPAN: What's the difference between the two?
Ning: There are a total of 19 questions on the short form and it will take about 15 minutes to fill out. The long form has the same 19 questions plus an additional 49 questions, making a total of 67 on the long form. That takes about 45 minutes to fill out.

SAMPAN: Suppose the person who receives a form does not speak English. What should he do?

Ning: We expect to have a census questionnaire assistance center in Chinatown to be staffed by bilingual census bureau employees. Any person can go there and receive help in filling out the form. Then, sometime in mid-April census employees will be going out to households that have not returned the questionnaire to assist people with the form.

SAMPAN: Do you mean they will knock on the door with a questionnaire in hand, in case the first one has been lost?

Ning: That's right.

SAMPAN: Will those census employees be bilingual?

Ning: I hope so

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SAMPAN: Who has access to census information?

Ning: The census law says information on individuals must be kept confidential. In fact, the IRS, CIA, and the FBI and other government agencies, even the president, don't even bother trying to get information from the Census Bureau because they know they can't get it. Only statistics are published, not names.

SAMPAN: In the 1970 census, does anyone know how accurate the count was in Boston Chinatown?

Ning: No. About 2.5 percent of the whole population was missed in the 1970 census. Further analysis showed there was a discrepancy. The black population was missed by as much as 7 percent, compared to the white population being undercounted by only 1.9 percent. There is reason to believe other minority populations were missed by as much as the black population was.

SAMPAN: Getting back to the census and federal funding, if, for instance, it was discovered that Chinatown in 1980 has population double that of 1970, could that directly influence the amount of money the federal government gives to the local health care center?

Ning: It certainly could.

SAMPAN: So there is a direct correlation there?

Ning: Yes.

SAMPAN: If someone is an illegal alien, what should he do about the census? Is he even going to receive the questionnaire?

Ning: Yes, sure. We are sending questionnaires to households. There will be no names, just addresses. An illegal alien has no fear of any legal action against him. Immigration has no access to census files.

SAMPAN: As the census date comes closer, what are you going to be doing?

Ning: My job as a community service specialist is to try to lessen the undercount of 1970 by spreading the word to minority communities. We are spreading the word

through community agencies, through the churches, the business world, the schools, through as many contacts as possible. It is vital people know about the importance of the census and about its confidentiality. We don't want anyone to be surprised when they get the questionnaire.

public meeting

continued from page 1

Chinatown had against Tufts, including insensitivity on Tufts part concerning the housing issue and the lack of Chinese employees within the institution.

William Saltonstall, interviewed later by the SAMPAN, said he looked forward to further meeting with the Chinese Community. "Everything is always open to discussion," he said. "But if it's all giving on one side and all taking on the other side, that leaves people uncomfortable."

Saltonstall also said Chinatown should agree on its own master plan. "A solid plan that Chinatown agrees on, that would be a worthwhile effort. Then the two plans could sit down and work something out."

Dr. Callow, who spoke at the Dec. 12 USDA Nutrition Center groundbreaking ceremony where the Chinatown Housing and Land Development Task Force staged a demonstration, said in an interview, "I was unaware, after 30 years in the area, of the strength and depth of feelings (of Chinatown residents) and the seriousness of the problem."

Dr. Callow, who allowed Task Force members five minutes at the podium to air their grievances to the smartly dressed crowd inside the groundbreaking tent, said he thought the Dec. 12 meeting with Scrime and Yee was, "limited in success but an opening of the doors, a crack in the wall of you will, between Chinatown and Tufts."

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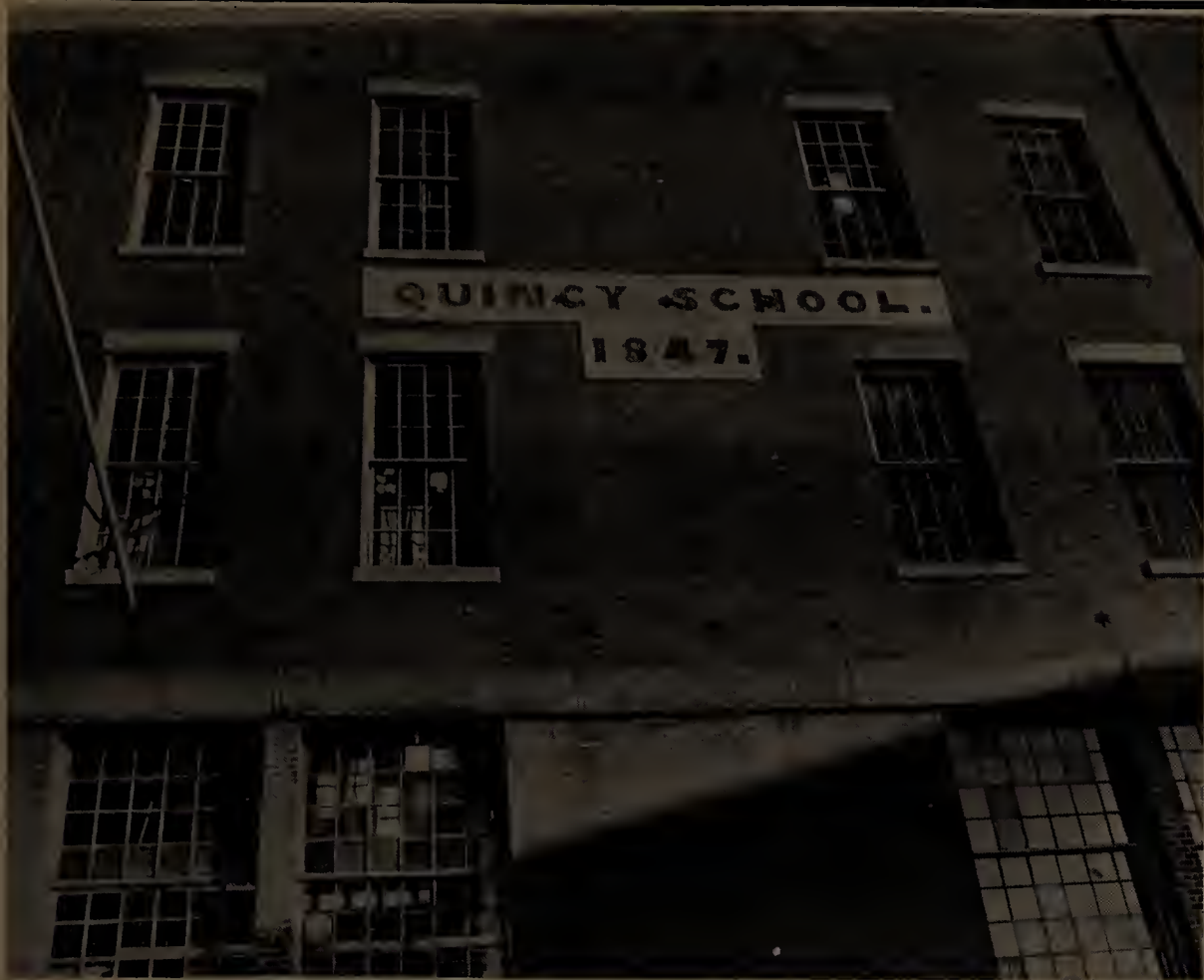
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These positions are funded through the Housing and Community Development Act of 1974, amended 1977, and are subject to all regulations issued pursuant to this Act.

Interested candidates are invited to send a resume with salary history and requirements to Gerard J. Hayes, Town Hall, Brookline, MA 02146 not later than January 18, 1980.

Human Relations-Youth Resources Commission
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continued from page 1

"Today (1897) the school is made up of Americans, Chinese, Poles Armenians and Italians... the night school... shows a greater mixing up of the races than any other school in the city, and no scholars work harder to get an education than those sons of the latest arrivals."

Named for the second mayor of Boston, Josiah Quincy, who served between 1823 and 1828, the school was the first in Boston to be organized with a "master and a submaster" instead of two masters of equal rank. This novel experiment proved so successful that a 1901 School Committee report said, "the older schools were successfully reorganized, and, in six years, not a 'double-headed' school remained in Boston."

The old Quincy School holds two other firsts in Boston history: it was the first school to have a separate classroom for each class and a separate desk for each student.

Amy Guen, who attended Quincy School "almost 50 years ago," remembers her parents saying there were only about 40 Chinese families in Chinatown then.

"I had to travel across Kneeland Street," Guen said. "It seemed the widest path.

All the Chinese who've been around here a long time went to Quincy School. There was no bilingual teacher. It was the three R's and you learned fast."

Presently, Quincy School has three floors but at one time it had four. Old photographs show a peaked roof with a cupola and a row of four windows overlooking Tyler Street.

Chinese students at all. According to an old newspaper account, dated from the year 1897, "the membership (of Quincy School) was made up of scholars residing on Summer, Chauncy, Edinboro, Tyler and Hudson Streets, and Harrison Ave. About one fifth of (the students) were native born of Irish parents.

Chin remembers a fourth floor on the Quincy School used as an assembly hall. "It was way up at the top. But the roof blew off, I think, in 1938, but I'm just guessing." One of New England's worst hurricanes ravaged Massachusetts, New Hampshire and Vermont in 1938.

By the mid 1950's the number of Chinese pupils at Quincy School rose dramatically. Winnie Tang, housing director at the Chinese American Civic Association, went to Quincy School from

Kindergarden through the sixth grade, which she reached in 1955. She recalls all the students were Chinese except for three Syrians and one black student.

In the 25 years between 1930 and 1955 there was a complete change in the ethnic composition at Quincy School. The greatest acceleration probably occurred between 1943 and 1953, the years during which several of the immigration bans against Chinese were lifted.

Tang, who was born in Boston, can remember Chinese immigrant students coming to the Quincy School were looked upon as "an oddity...because they spoke no English."

Because of the delays in renovating the Quincy School and putting it to use for the Chinese Community and the severe shortage of housing in Chinatown, some residents have suggested, quietly, that the building be torn down and housing built in its place.

But Paul Chan, who is working with the CCBA and city officials to preserve the existing, historic Quincy School structure, said, "No. Absolutely not," to tearing down the building that has served Chinatown for so many years.

Ever been badgered by a debt collector until you're ready to climb a wall? Threatening letters? Subtle or sometimes not so subtle hints of repossession or law suits if you don't make immediate payment of an outstanding bill?

The City of Boston Consumers' Council advises you that you can stop such harassment if you are upset by any of the following collection ploys we've got some remedies for you.

First, the things collectors cannot do: 1) Call you continuously, or before 8 a.m. or after 9 p.m. 2) Tell anybody else about the debt or send you a letter with an envelope indicating that a debt is owed. 3) Call you at work if your employer objects. 4) Abuse you in any way or make threats against you, your property or reputation. 5) Imply that he or she works for the government or send official looking documents that may appear to come from a legal source if such is not the case. 6) Threaten to seize, garnish, attach your wages or sell

your property UNLESS the creditor genuinely intends to do so and has the legal right to carry out such intention.

The collectors must tell you how much is owed and to whom. They must deal with your attorney if you have one and have so informed them.

IF YOU NOTIFY A COLLECTOR IN WRITING TO STOP CONTACTING YOU, HE MUST DO SO. He or she may then only notify you that some specific action is to be taken. YOUR REMEDIES: (a) So, if you feel that a collection agency has overstepped its bounds and violated the law, call the Federal Trade Commission at 223-6621 or the State Banking Commissioner's Office at 727-3910. If in doubt, call the City of Boston's Consumers' Council at 725-3320. (b) If you have suffered actual monetary damage because of the collectors conduct and there is also a violation of state law, you may sue under the Consumer Protection Act for triple the amount of your loss.

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Call 232-9037 for application form and appointment for interview. Deadline for applications: January 25, 1980.

Human Relations Youth Resources Commission
An affirmative action/equal opportunity employer

If you buy a car here, be careful!

The Boston Consumer's Council has recently issued a warning to the public about "unfair" sales practices of Wilmington Ford Sales on Route 3 in Wilmington, Ma. The Council said that Wilmington Ford aims its advertising toward low income, non-English speaking people.

According to the Consumer Council, Wilmington Sales has

been the object of numerous complaints in the sale and repair of new and used cars. The Attorney General's Office has reached an agreement with the company whereby Wilmington Sales will have 60 days to resolve complaints brought against it.

The Council warns consumers to be wary of such practices by Wilmington Ford as: failure to

disclose refund and cancellation policy; failure to make promised repairs; attempts to prevent consumer from returning cars which fail to pass the safety inspection.

Consumers who feel they have been victimized by Wilmington Ford Sales should call the Boston Consumers' Council at 725-3320.

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Please submit resume, by January 21, 1980, to Personnel Department, City of Melrose, Main Street, Melrose, Ma. 02176.

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Notes from the Evangelical Church

To celebrate the birthday of Jesus Christ, members of the Boston Chinese Evangelical Church held a number of activities in December.

On the 20th, at Quincy Tower, Rev. Jacob Fung, Brother Steve Chin and concerned members of the church brought to the elderly a message of joy for the holiday season.

The English speaking Youth Fellowship and the Joshua Fellowship joined together on the eve of Dec. 22 for dinner, a movie, songs and good fellowship.

The Sunday School held two separate holiday celebrations, which included drama performances, hymns, games and gifts to both the students and teachers. Mr. Sze Kan Wan, principal of the Sunday School, spoke on the spirit of the Christmas celebration, which, he said, was love.

Sunday worship was conducted on the morning of Dec. 23 as 35 members of the choir performed a special musical celebration and Rev. Fung told those gathered the true meaning of Christmas time. After the worship service, the board of directors gave out fruit as a small gift.

Continuing its annual tradition, the church members sang carols on Christmas eve. Over 50 youths sang for patients at the Tufts hospital then moved on to sing at Tai Tung Village and Mass. Pike Towers.

CEDC service center opening delayed to mid Jan.

The opening of the Chinese Economic Development Council's new community service center, originally scheduled for mid-December, has been delayed, according to May Ling Tong, CEDC's director of social services.

The late deliveries of office supplies and furniture to the renovated offices on the second floor at 31 Beach Street caused the delay, Tong said.

When opened, the Center will include a language laboratory, a youth center, cultural center and a "newcomers" center.

CEDC staff is expected to move in in early January and the center will open to the public in mid or late January, Tong said.

Money Man

Interest rate relief for the modest saver was given a boost by the regulatory agencies -- Federal Reserve Board, Federal Home Loan Bank Board, Federal Deposit Insurance Corp., and the National Credit Union Administration.

Up to now the "small saver" was limited to regular savings account that pay a low ceiling of interest. Or, required to buy other longer term certificates such as the 4-year certificate paying interest of approximately 8%. (Money Market funds pay a high return but it appears many people are not aware of them or feel they are too complicated or that they are not insured.)

Since the first of the year, federal banking regulation authorizes the issuance of 2½ year (30 months) savings certificates. These certificates are pegged to the U.S. Treasury securities having similar maturities. At

the present time, these Treasuries have a yield of approximately 11%.

The new regulations offer these changes:

1. Higher interest pagged to a U.S. Treasury security of comparable time span.

2. 2½ years instead of 4 years.

3. No minimum deposit although banks are not prohibited from setting minimums. (Competition among banks will lower minimums in most cases.)

4. ½% increase in ceiling on deposits maturing in 90 days to one year.

5. Commercial bank ceiling raised to 5 3/4%

6. Savings institutions ceilings raised to 6%.

7. Commercial and thrift institutions may pay the same interest rate when IRA/Keogh and government unit funds are deposited in the new 2½ year certificates.

The ceilings for the new certificates at thrift institutions (Savings Banks and Savings and Loan Assns.) will be ½% below the 2½ year Treasury rate and 3/4% below commercial banks.



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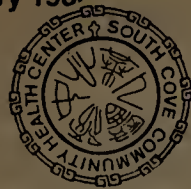
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(乙) 檢查員:

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須運用電子機械測量及工具。
熟悉零件入廠及製作階段之檢查程序。

(丙) 裝配工人:

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手法靈活, 視力健全。
有忍耐力及上進心。



FAMILY HEALTH



South Cove Community Health Center

885 Washington St., Boston, MA 02111

Guidelines for disciplining your child

All parents want to see their children develop into happy, considerate and mature individuals. However, being a parent is certainly not an easy job and it is difficult to know how much and what kind of discipline is needed. From my experience as a mother and working with other children, I have found the following guidelines helpful in disciplining children and facilitating positive parent-child interaction.

1. Give more praise and reward. For appropriate behavior and accomplishments, praise is important to give the child a positive self-image, and to reinforce future repetition of such behavior and efforts. One has to watch out, however, to use only effective praise, i.e., praise directed at a specific action or behavior rather than at the "goodness" or "badness" of the child.

Effective praise: "Thank you for cleaning up the room today. It looks very nice again."

Child's possible inference: "I am helpful. I did a good job. My work is appreciated."

The less effective praise: "You're always mommy's helper. You are an angel. You always do a better job than your sister."

Rewards for children may include many different types, such as playing with the child, taking him to the park and reading a book with him. Material rewards such as giving candy or toys should be used only occasionally.

2. Set good examples at home. Children learn through imitation. They can easily pick up habits like yelling or hitting if parents do this frequently. When parents speak politely, are

tidy and show love in positive ways, children will do the same without rigid disciplining.

3. Try to be aware of your child's feelings. Children are human beings. They have feelings of anger, happiness, worry, fear and others. Giving the child a chance to show his emotions or feelings is very crucial for the child's development. When you know he is frustrated or angry, let him cry. You can also help him feel better by understanding, helping him to talk about it or involving him in some activities to release his anxiety.

4. Disciplining can be firm and friendly. Certain rules can be set up and observed at all times. If you want to train a 2½ year old to eat at the table, you must follow the same policy every time. Once you relent, it is even harder to get him back to the habit. There are ways to help him comply to your expectations: physical set-up to confine him; emphasis on the fun part of eating together with parents and siblings, etc.

5. Be consistent with your words and actions. You have to maintain the trust your child has in you by being consistent. If you have promised to take him for a walk but failed to do so, the child learns not to take your word seriously.



Many parents, sometimes in an affectionate way, tend to label their children in front of others as "naughty", "dumb", or "cry baby". Children may not understand how their parents really feel about them.

6. Use non-punitive ways of disciplining. Children over three or four years old can be reasoned with. Sometimes you can make contracts with them. For example: "If you help Mommy, we will have more time to spend together." Punishment cannot be applied to every behavior, and should be carried out only after a warning has been given.

7. Both parents should be involved. The husband and wife should be consistent in their ways of managing their child. Often one hears mothers saying "Wait till your father comes home. He will hit you." Such statements only reflect the mother's lack of authority over the child, resulting in the child's lack of respect for Mom and dislike for Dad.

8. No-Nos for parents

a) Criticism and force which promotes fear and stifles creativity in the child.

b) Physical punishment with child's compliance based only on fear of being beaten up.

c) Isolation tactic: "The dark room" treatment increases fear and lack of

continued on page 2

Boy or girl — the sex of your child

I would like to explain the process involved in determining whether a baby will be a boy or a girl, and how doctors can determine prior to delivery the sex of the baby.

A person's body is composed of millions of cells and each cell contains characteristics from both parents. This information is stored in little packages called chromosomes. Half of these chromosomes come from the mother and half from the father. Two of the chromosomes, one from each parent, are specifically designed to determine the sex of the individual and are called either X or Y. The mother always contributes an X chromosome but the father may contribute either an X or a Y. If the sperm which fertilizes the egg is carrying a Y chromosome, the baby will be a boy. If the sperm carries an X chromosome, the baby will be a girl. Therefore it is the male parent who determines the sex of the baby, not the female.

There are many myths about how to tell the sex of the baby but few methods which are accurate. The best way (amniocentesis) is to remove some of the fluid which surrounds the baby and look at the cells which

come from the baby's skin. The chromosomes can actually be counted and this will tell us if it is a girl or boy. Amniocentesis is usually done to determine if a baby has congenital defects, such as mongoloidism. Sometimes it is possible to guess the sex by using soundwaves (ultrasound). We use a special machine which can create a picture of the baby on a television screen, and if the baby's position is just right, the sex can be seen. Ultrasound usually is used to determine the age of the fetus and is not accurate for telling us the sex of the baby. Without these sophisticated tests, it is impossible to know the baby's sex, even though a doctor examines many patients year after year.

Although it is nice to have a boy if you desire a boy or a girl if you want a girl, I am sure you will agree that the most important thing is to have a normal healthy baby. If we can achieve this, the baby's sex is only of secondary importance. Regular prenatal check-ups, a good diet and other self-care measures will increase one's chances of having a healthy baby.

David Hagen, M.D.
Gynecologist

Cold weather tips

Skin Protection

Does your skin feel like sandpaper in the winter? Cold weather constricts blood vessels which in turn leads to dry skin. In fact some folks suffer from "winter itch" which is a generalized and annoying itching of the skin. A combination of proper skin care and clothing will help keep your skin healthy, even in winter. Tight clothing which constricts circulation should be avoided.

Your face deserves special attention because it is exposed to the cold. The loss of water not oil, from the outer skinlayers causes dryness. Daily use of a cream containing oil and water is recommended. An inexpensive cold cream can be as effective as well advertised brands. Be sure to use the cream daily and for extra help use it before going to bed at night. Using oil in your bath helps skin maintain its suppleness and using a cream on your

arms and legs should make you comfortable all winter.

Clothing

"Added skin protection is provided by wearing two thin layers rather than one bulky layer. When dressing in winter, think in terms of layers. Thermal underwear is great during the winter. Choices: Insulated underwear consists of thermal knit with an insulating layer between. This type might provide too much warmth if you are indoors. Fishnet is worn under your regular underwear. The insulating properties of the air pockets provide warmth and will make you forget about high fashion.

Silk is one of the best insulating materials available. Worn underneath woollens, wind and cold are no longer formidable. In addition, silk being a natural fiber, will breathe and be more comfortable than nylon or polyester."

Margaret K. Bradley
Admin. Assistant

Editorial

This is the sixth issue of Family Health published by the South Cove Community Health Center. Its purpose is to provide health information on a regular basis to South Cove residents and members of the Greater Boston Chinese community. To serve the mutual interests of expanding our readership and developing Sampan into a community newspaper, the Editorial Committee of Family Health is including this issue as an insert in the Sampan. However, this

does not necessarily mean that the Editorial Committee endorses particular viewpoints presented in Sampan. Also, the Committee reserves full rights and responsibility for the contents of Family Health. Any question, comment or suggestion should be sent to:

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What's your infant feeding IQ?



How much do you know about obtaining good nutrition for your baby? If you would like to find out, answer the following questions on infant feeding and compare your answers with the prevailing views of the nutrition professionals. If you answer three or more questions correctly, you can consider yourself fairly well informed about infant feeding and nutrition.

1. Glucose or honey water gives babies extra energy and is better in plain water given alone.
☐ True ☐ False
2. Congee provides adequate nutrients for babies to grow.
☐ True ☐ False
3. A fat baby is a healthy baby.
☐ True ☐ False
4. Whole milk should not be fed to infants until they have reached their first year of age.
☐ True ☐ False

Answers.

1. FALSE. Like table sugar, glucose or honey is a form of simple carbohydrate. When added to water, it provides mainly calories. Usually, babies don't need this extra energy as long as they have enough breast milk or formula. In fact, it may even be detrimental as excessive calories will result in obesity, the most prevalent health problem in the United States. Furthermore, babies may develop a "sweet-tooth" when sweetened liquid or solids are fed at an early age. And this may interfere with the later introduction of the more bland cereal and strained baby foods.
2. FALSE. Contrary to traditional beliefs, plain congee (rice and water) or meat-broth congee (rice boiled with soup) itself cannot provide babies with

adequate nutrients. White rice loses its vitamins and minerals in the milling and prolonged heating process. A better substitute is the iron-fortified cereal which is enriched with the essential nutrients. If congee has to be given, it is important that ground meats (beef, pork, chicken), fish or eggs be included and eaten together.

3. Traditionally, fat babies are considered as cute, chubby and healthy, but this is no longer true today. Infantile obesity, a result of over-feeding or early introduction of semi-solid foods in the first few months of life, can be harmful. Not only will the baby be slower in achieving the skills of crawling, walking etc., but he/she also will have a higher likelihood of becoming an overweight child and eventually an overweight adult. Therefore, the answer to this question is FALSE.
4. TRUE. A common belief among mothers is that whole (homogenized) milk should be offered to infants by 5 or 6 months of age. Actually, this is a misconception. The Academy of Pediatrics has recommended that infants not breastfed should receive iron-fortified formulas throughout their first year of life. This is because whole milk does not have the iron which is needed to prevent anemia. In fact, iron deficiency anemia can result from the early transition of formula to whole milk. This is particularly true for infants when milk is the sole source of nutrients. So, stay with formulas until your baby has reached his/her first birthday.

Maggie Ma, R.D., M. Ed.
Nutritionist

Tranquilizers May Be Addictive

Many people in America use tranquilizers such as valium and librium. Tranquilizers are prescribed for a variety of reasons: mild tensions caused by family unrest, alcoholism and anxiety. Some medical specialists now believe that these drugs may be habit-forming and withdrawal can be very difficult. Recently, a Senate subcommittee held a meeting to define how tranquilizers should be used and to make the public aware of the dangers that may be associated with their use

continued from page 1

trust of people and environment.

d) Verbal abuse: Threats are only invitations to misbehavior. Sarcasm is a barrier to learning.

e) Bribes: Lead to bargaining and blackmail, and to ever increasing demands for fringe benefits in exchange for "good" behavior.

Phoebe Pao, M.S.W.
Senior Social Worker

Health Center welcomes new staff

Pediatrics welcomes a new nurses aide, Clara Yu. Clara is a trained nurse from Hong Kong who immigrated to the United States three years ago. She resides in Somerville with her husband and two year old son.

Dr. Danny Chin works with our Adult Medicine on Saturday mornings. Dr. Chin grew up in Boston's Chinatown and has worked in the Chinese Hospital in San Francisco, CA. Dr. Chin worked with the Board of Directors of the Health Center in the past. Dr. Chin graduated from Tufts University in 1976.

Dr. Katherine Katsu Domoto works with our Adult Medicine Clinic on Monday afternoons. Dr. Domoto formally worked at

the South Boston Community Health Center. Dr. Domoto graduated from Case Western Reserve School of Medicine in 1974 and has a special interest and training in caring for the elderly.

In response to the growing need of adolescents, Palm Jong who grew up in Chinatown and received her Masters in Community Health Education has joined the CATCH team. Palm views her job as primarily to prepare teens to take more responsibility for their own health care. She will conduct workshops on health topics such as eye care, peer relationships and decision making.

Palm has started to compile resources (audiovisual and

other teaching materials) which will be made available to the community.

Ms. Ma is our new nutritionist for the Women, Infant and Children Supplemental Food Program (WIC) at the health center. She completed her undergraduate work at the University of Minnesota and her graduate studies in Nutrition Education at Tufts University. Ms. Ma is originally from Hong Kong and is fluent in Chinese.

Madeline Wan joined the Health Center as a Social Service Assistant. She graduated from San Jose State University with a degree in Social Welfare and has previously worked at the University of California Medical Center.

Asthma — causes and treatment

Asthma is a condition that is characterized by tightening of the air passages which causes the person to have trouble breathing. This can occur suddenly to an allergic person or it can start slowly after the onset of an infection.

What causes Asthma?

1. **Heredity:** A person who has one asthmatic parent has a 30% chance; with two parents having this condition, his chance goes up to 67%.

2. **Allergy:** Food, pollen, dust, animals and medications, etc.

3. **Emotional Stress:** Emotional stress can bring about an asthmatic episode in patients with severe asthma.

4. **Infections:** In susceptible individuals, a viral or bacterial infection such as colds and pneumonia can trigger an attack.

5. **Exercise:** Vigorous physical activity can precipitate an attack in certain asthmatic patients.

How do types of asthma range in severity?

Grade A

Mild episodic asthma of no more than 5 attacks in a year. It usually occurs after

3-years of age and ceases before 8.

Grade B

3-4 attacks per year with spontaneous remissions by 10-12 years of age. The "wheezy bronchitis" belongs to this category which comprises most of our pediatric cases.

Grade C-Continuing Asthma

Frequent episodes, usually commencing before age two. This is more severe and prolonged with evidence of airway obstruction (can not breathe) which may require hospitalization.

Grade D

Severe prolonged attacks with remissions of less than a month with evidence of long term side effects, i.e. barrel chest and growth failure.

Grade C and D tend to continue into adulthood.

How is it treated?

Severe attacks

Immediate relief is provided by a shot of adrenaline which relieves tightness of the airway passages. Relief is within minutes and shortlived. Therefore, this should be followed by long term medications called bronchodilators such as Slophyllin or

similar drugs which should be taken continuously until symptoms disappear. For mild cases, taking oral bronchodilators should be adequate.

For allergic individuals

Avoid specific substances which you are allergic to, such as certain food items or medicine, cats and dogs (allergens). Asthmatic attacks may be subdued with the removal of the allergen. When the allergen is unavoidable, treatment could be provided by repeated and controlled doses of allergen given as shots on a regular basis; this allows the patient to adjust to the environment.

For asthmatic episodes which are precipitated by infections, the infection should be appropriately treated with antibiotics if it is bacterial in origin. However, in most cases, it is viral which usually requires medications to relieve the symptoms (i.e. wheezing coughs, etc.).

Most cases are treated as outpatients. However, the more severe cases require treatment in the hospital.

Linda Ott, M.D.
Pediatrician

Auto seats may save your child's life

In the U.S., automobile accidents constitute the major health hazard threatening our children. It is the main cause of death and disability in children below four years of age. Each year, in Mass., more than 1500 children are injured enough to require emergency treatment. When infants and young children are allowed to ride in a car without using an auto seat or safety belt, even sudden stops or minor collisions can throw the child against the car interior. Holding a child is equally unsafe as the impact of a collision

can wrench a child from the adult's arms or crush him in between the adult's body and the car surface.

The only safe situation for a child traveling in a motor vehicle is to be fastened into a car seat. There are many U.S. government approved crash-tested auto seats. Some are for infants, some are for infants, others for children up to 40 lbs. and still others can be converted as the infant grows. It is best to use the device in the center of the back seat. The cost of auto seats varies from \$25-50. Some examples are Bobby-Macs, Travelguard by Century, Wee Care by Strolee

and General Motors Love Seat, etc. When a child weighs more than 40 lbs., s/he can be restrained with a safety seat belt.

Children easily become accustomed to the auto seat, especially when it is used on a routine basis. Their behavior is greatly improved and the driver can better concentrate on driving. And, parents can be assured that in an accident, their child would be protected from serious injuries.

For more information on car seats, contact Sue Ponte or Yoong Schleif at 482-7555.

Yoong Schleif
Health Educator

禦寒秘訣

●白瑪嘉莉

紐英崙的天氣變幻莫測，馬克吐溫形容紐英崙的天氣說：「只要你多候一分鐘，眼前的天氣便轉變了。」但是有一樣你們可以預測的，便是這裏的冬天一定寒冷和潮濕。這篇文章會論及你在嚴寒的天氣，如何才能保持屋內的溫暖，保護皮膚的健康及使你的汽車行走如常。文中大部份資料取自羅拔利雲及南施賓能編輯的「寒天指南」(The Cold Winter Catalog edited by Robert Leveine & Nancy Brunning - A Tree Communication, Garden City, New York 1977)

防風保暖設備

若室裏之內牆與外牆間及窗有一層充滿空氣的空間便可防止室內的暖氣外洩。牆內壁縫間裝置一層絕熱體與防風窗就有上述的功效。你可以用防風膠布貼緊防風窗及內窗的邊緣，使室內暖氣不會漏走。當你發現玻璃窗上蒙了一層霧氣或甚至有水點滲出，這便是應當使用防風膠布的時候。因為此情形顯示已有空氣從窗縫漏出。如果你沒有防風窗，透明的薄膠片(五金店有售)可作臨時應用。膠片價廉，亦可防止暖氣漏出。用法是將膠片剪成比窗大一一點的尺碼，然後將它釘在窗的木架上，封密窗口。

發動汽車引擎秘訣

美國汽車協會(AAA)介紹下列方法：

- 1 先用腳將油門踏盡。
- 2 油門全部放鬆。
- 3 再將油門推下一半，然後轉動鎖匙。
- 4 當引擎一發動後，立刻放鬆油門。

當你在發動引擎時，切勿讓鎖匙停在「發動」位置超過十秒鐘。如引擎一時不能順利發動，應暫停等候一兩分鐘，使電池有機會蓄電。若你在在發動引擎前將油門連續踏盡三四次，則會弄濕火咀，難於着火。如你在汽車內嗅到電油味，便顯示引擎的火咀受濕。在此情形下，你應耐心稍候三至四分鐘，待火咀干後再發動引擎。這次你在轉動鎖匙時

將油門踏盡。

保護皮膚

在冬天，你有覺得你的皮膚像砂紙一般嗎？嚴寒的天氣會使血管收縮，所以皮膚干燥。事實上很多人都患上「多癢癢」，意思是在冬天，皮膚發生不耐煩的痕癢。正確的保護皮膚方法及小心選擇衣服，可使你的皮膚在冬天也保持健康。切忌穿著緊身而防礙血液循環的衣服。面部的皮膚應額外小心的護理，因為面部的皮膚經常曝露於寒冷的空氣中。使皮膚干燥的原因是皮膚的水份(不是油質)消失。所以每日最好塗用一隻含有油質及水份的潤膚膏。一隻普通而價平的冷霜(又名雪花膏)與一隻經常宣傳而流行的牌子有同樣的功效。記着每天最少塗潤膚膏一次，如皮膚特別干燥，則在臨睡前再用一次。在沐浴時在水中加浴油可使皮膚保持足夠的油質，而在手、腳上也塗用潤膚膏，可使你整個冬天也覺得舒服。

衣服選擇

保護皮膚，穿著兩件較薄的衣服比穿一件很厚的更有功效。冬天穿衣應注重件數(或層數)。穿著特別保暖的內衣褲更舒服。這種內衣褲有兩大類：

- 1 用保暖纖維質編織而再加一層絕熱體的，這一類只宜在室外穿，在室內用，可能過暖。
- 2 在普通內衣褲上加穿魚網裝。網眼間的空氣有很大的保暖作用。這溫暖的舒服感覺可使你忘掉對衣着款式挑剔的選擇。

絲是最好的絕熱體。羊毛既保暖，又防風。再者，絲是天然的纖維質，可使你的皮膚正常地「呼吸」，比用尼龍或人造纖維織成的衣料更舒服。

兒童座車

●健康教育員 何玉容

在美國，車禍是一個嚴重影響兒童健康的問題，對大部份四歲以下的兒童，說它是致命和受傷殘廢的主要原因。每年在麻省有一千五百以上的兒童，因為車禍而受傷並需要緊急治療。如果不用安全車帶或兒童特用車座，當汽車緊急剎車，或是有輕微的撞擊，兒童很可能

在汽車內摔撞。抱住兒童坐車也是不安全的辦法，因為撞車時的衝擊，可以將兒童從手中摔出，甚至被壓在成人與車身之間。

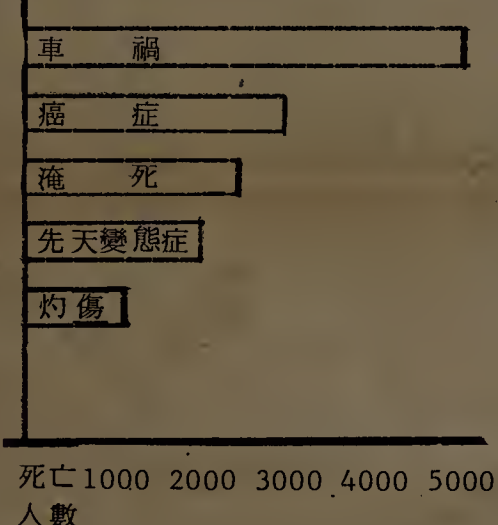
唯一安全的辦法是乘車時將兒童放在一個特用車座。市面上有很多美國政府批准試驗成功的特製兒童車座，有一些是專為嬰兒用的，有一些是為四十磅以下孩童而設的，有一些可以隨着兒童的年齡大小來調整。這種特製車座最好放在後座的中間位置。特製車座價值大約從廿五元到五十元，下列是一些市面出售的牌子：

Bobby-Macs, Travelguard by Century, Kee Cave by Strolee, and General Motors Love Seat.

如果一個兒童有四十磅以上的體重，可以用安全帶將他捆住。如果時時使用特製車座，兒童便很容易習慣，他們的舉動會改善，駕車人因此也可以多注意駕駛，做父母也可以放心。如果萬一撞車，他們的孩子們已有保護，不致受重傷。

如果需要更多關於以上資料，請與陳姑娘或何姑娘聯絡，電話號碼為：四八二一七五五五(此文的資料是採自麻省衛生部)

下圖表是一九七五年，美國一歲到十四歲兒童死亡主因統計。



哮喘

●小兒科 盧醫生

哮喘是氣管緊縮而引致呼吸困難的病症。如果病人患有敏感症，這種病情會突然發作。又如病人受到感染時，哮喘亦會

慢慢發作。

哮喘的起因是什麼？

- 1 遺傳：如果一個人的父母其中一人有哮喘，他被遺傳症狀的可能性為百分之三十。如果雙親都有哮喘，他被遺傳的機會為百分之六十七。
- 2 敏感：食物，花粉，灰塵，動物或藥物。
- 3 心情不良：情緒上的壓力亦可以引起有嚴重哮喘的病人突然發作此病狀。
- 4 傳染：對有些比較容易受感染的人，一旦受到過濾性病毒或細菌傳染時，就易發作。
- 5 運動：強烈的運動也可能引起哮喘的發作。

哮喘的嚴重程度可分為幾種：

- (甲)種：輕微哮喘。通常在三歲病發，而在八歲時斷止。在這段期間內，不會在一年內發作多過五次。
- (乙)種：每年發作三至四次，然後到十歲至十二歲時便停止。氣管炎多屬此類，許多小兒科病人均有這種病情。
- (丙)種：不停斷的哮喘。這類是較嚴重的一種，多數開始在兩歲左右，發作的次數亦多，也較持久，氣管有時感到阻塞，引至呼吸困難，可能需要入院治療。
- (丁)種：嚴重的哮喘。病者會長期發作，停止發作期不會超出一月，並會對患者有長期的影響，像桶形的胸部或發育不良。

- (甲)種與(乙)種只發生於兒童期內，(丙)種與(丁)種則會延續至成人期間。
- 怎樣治療？

嚴重的哮喘：注射強心針(副腎素)可令氣管鬆懈，在數分鐘內呼吸便舒暢。但這種療法只能暫時有效，因此注射後必須同時長期服 Bronchodilators, Slophyllin 直到病狀全退。輕微的哮喘只需服藥便可。

患有敏感症的病者：應盡量避免一切能引起敏感的物件，如藥物、食物、貓、狗等。如無法避免的話，長期定時注射過敏原素，可以幫助病人適應環境。如哮喘是由病菌感染而起的：病人可以接受抗生素治療，但如果由過濾性病毒而引起感染的病者，則必須服藥。

以上大部份病症可在門診部受診，嚴重的哮喘則要入院治療。

醫務中心新聞

小兒科新聘的助理護士余麗芳女士，曾在香港受過護士訓練，三年前移民到美國。

陳立民醫生每星期六早上在內科部駐診。陳醫生生長於波士頓華埠，並曾在舊金山華埠醫院工作。陳醫生亦曾任華人醫務中心董事。他在一九七六年畢業於Tufts大學。

唐嬌雲醫生每星期一下午在內科部駐診。她曾在波士頓南區醫務中心工作。她在一九七四年畢業於Case Western Reserve 醫學院，對老年健康護理有特別心得。

馬騏小姐是婦女、兒童和嬰孩食物補助計劃的營養專家。她在Minnesota 大學獲得學士學位，並在Tufts 大學營養教育系進修。她來自香港，說得一口流利的中文，她負責提供懷孕婦女和小兒科病人各種營養指示資料，並會擴充MTC 工作計劃及發展中英文營養視聽教育資料。

為擴充對青年人的服務，CATCH 新聘張碧銀小姐。她生長於波城華埠，持有社區健康教育碩士學位。她的主要工作為培養青年人照顧自己的健康。她將主辦多種不同的討論會，每次討論有一個特別的項目，如眼睛護理，交朋友及怎樣為自己作決定。她已開始搜集及編纂視聽和其他教材，這些資料在整頓後可供華埠使用。

社會服務部新聘助理員溫朱曼妮女士曾在聖何西大學獲社會福利學士學位，並曾於加州大學醫務中心服務。

最新健康消息

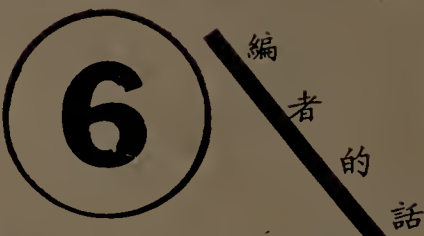
鎮靜劑可能食用成癮

在美國，許多人食用鎮靜劑，如Valium 和Librium 等。鎮靜劑用途有多種，如治療由於家庭不和而引致的輕微神經緊張症，酗酒和情緒不安寧等。醫藥專家現今認為此種藥劑有食用成癮的危險。如一旦成癮，戒癮時也極其困難。最近，一個上議院的小組委員會曾討論如何適當應用鎮靜劑，及如何使大眾瞭解此藥劑可能引起的危險。



家庭健康

華人醫務中心



這是華人醫務中心出版的第六期「家庭健康」刊物，目的是為在波士頓及鄰近區居住的華人提供定期性的健康常識。為了爭取更多讀者，本編輯部決定將此刊物交由舢舨印刷及發行，成為這社區報的一份子。但這並不表示本部門完全同意舢舨的立場和意見，華人醫務中心是對「家庭健康」之內容負全責及有獨立言論之權。如有任何問題、意見和建議，請寄信到：

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生男？生女？

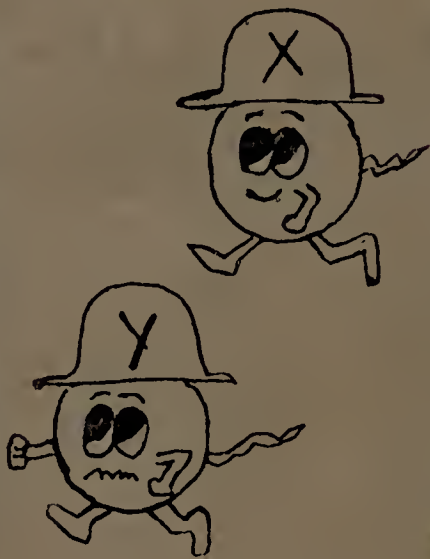
婦科 大衛喜近醫生

本文的目的是解釋決定生男或生女的因素及醫生如何判斷胎兒的性別。

通常人體內包含成千百萬的細胞，每一個細胞同時包含有父母的各種特徵，這些特徵是貯藏在細胞的染色體內，一半的染色體是來自父親，一半的染色體是來自母親。在這些染色體中，其中有一個（一個來自父親，一個來自母親）是專門決定胎兒的性別的，這對染色體分別稱為X型及Y型。從母親來的性別染色體永遠是X型的，從父親來的性別染色體可能是X型，亦可能是Y型。

受孕時，如果男性精子含有一個Y型的染色體，胎兒便是男性。如果精子含有X型染色體，胎兒便是女性。因此，胎兒的性別由父親來決定，與母親沒有關係。

至於用什麼方法去辨別胎兒的性別，各人有不同的說法，但準確的方法寥寥可數。最正確的方法是抽羊水來觀察胎兒的皮膚的細胞染色體數目，由此數出，而胎兒的性別由此可以得知。這種方法通常是用來確定嬰兒



兒是否有先天性的缺陷，如精神遲鈍等。有時我們亦可以用音波來預測胎兒的性別。我們用一種特別的機器將胎兒的形態投影在電視上，如果胎兒的位置適當，便可看出胎兒的性別。音波測驗通常是用來確定胎兒的大小，用來決定性別則不大準確。如果沒有以上兩種試驗，就算醫生經驗豐富，亦不能判斷或猜測兒的性別。

雖然最理想的情形就是望男得男，或望女得女，但是我向大家一定會同意嬰兒的健康是最重要的，性別只是次要。定時的產前檢查，均衡的膳食及自己料理得當，都可以幫助你有一個健康的嬰兒。

一般來說，父母都熟知孩子需要吃得健康。每天進食營養豐富的食物，才能發育健康。但是你知道如何給與你的嬰兒良好的營養嗎？請嘗試解答下面四項「是非題」，然後將你的答案與現今營養專家的意見互相比較，這樣你就可以清楚知道自己的飲食方法是否能夠給你孩子充足的營養。

有充足的營養嗎？

營養專家 馬騏

- 1 嬰兒飲用葡萄糖水或蜜糖
水比飲白開水更有益 ☐ 對 ☐ 不對
- 2 粥可以供給嬰兒足夠的營養，使身體發育成長 ☐ 對 ☐ 不對
- 3 胖嬰兒是健康的 ☐ 對 ☐ 不對
- 4 未滿一歲的嬰兒，不適宜用鮮奶餵飼 ☐ 對 ☐ 不對

答案

1 「不對」。葡萄糖與蜜糖，和白砂糖一樣，都是屬於糖類。加在開水中，只能供給嬰兒卡路里（即熱量）。普通嬰兒，若有足夠的人奶或嬰兒奶，是不需要這多餘的熱量。其實，在嬰兒時期，若身體攝取了過多的熱量，會很容易引起肥胖。這種身體過重情形，就是現今美國最普遍的健康問題了。除此之外，不必要的甜食，會養成孩子愛吃甜食的習慣，以後不容易接受比較淡味的食物，如麥片、罐頭嬰兒食品等等。

2 「不對」。正與傳統的觀念相反，白粥或肉汁煮粥都不能供給嬰兒充分的營養，因為白米中很多維他命和礦物質都在精製的過程中磨掉了，再加上長時間的烹煮，粥所能供給身體的滋養料更所餘無幾。因此，最好還是用特加鐵質和維他命的麥片餵飼嬰兒。若是在特殊情形下，一定要餵粥，那只好盡量在粥中加磨碎的牛肉、豬肉、肝、雞肉、魚肉或雞蛋，一同吃下。

坐在牙醫的治療椅上

牙醫 陳偉康

在診牙以前，做父母的最好漫不經心的告訴孩子他將會去探訪牙醫。第一次去牙醫診所時，如果不是急診，通常只是例行檢查，紀錄健康歷史和照X光。父母說話時不要用懼怕、擔憂或緊張的聲調，他亦不應作任何承諾，因為欺騙常會使孩子對事物缺少信心。

在牙醫診所內，父母未得牙醫的邀請，最好不要進入診療室，這會有助牙醫取得孩子的合作。如遵照以上的建議，父母可鼓勵兒童在陌生環境內克服恐懼，建立自信及好奇心，從而與牙醫合作。

供給身體的滋養料更所餘無幾。因此，最好還是用特加鐵質和維他命的麥片餵飼嬰兒。若是在特殊情形下，一定要餵粥，那只好盡量在粥中加磨碎的牛肉、豬肉、肝、雞肉、魚肉或雞蛋，一同吃下。

管教兒女

兒童輔導組主任 鮑李寶萱

任何家長都想看到他們的兒女成長為快樂、助人及成熟的個人。但是，怎樣去做一個好父母，怎樣才算管教適宜，並不是一件容易的事。從我多年來與兒童工作的經驗，加上自己身為母親，我覺得以下的原則可助於管教兒女，而同時可幫助增進父母子女的關係。

一、多讚賞與獎勵

對子女的良好行為及其他成就，應多予讚賞。父母所表示的讚賞會令兒童對自己有一個好印象，對自己有信心，而且以後再表現良好的行為。不過我們要注意在讚賞時，應針對該特殊行動或表現，不宜概括地說小孩「好」或「壞」。

有效的讚賞：「多謝你今日收拾好房間，現在覺得它好看多了。」

小孩聽後的推論：「我肯幫忙，我的工夫表現得很好，我的工夫得人讚賞。」

不大有效的讚賞：「你永遠是媽媽的好幫手，你真是第一名，你時常做的工夫都比姊姊好。」

獎勵包括多方面，例如和子女一同玩，帶他們去公園，陪他們看書等等。物質方面的獎勵，例如給予糖果或玩具，應該只是間中賞給。

二、在家中樹立良好模範
兒童在模仿中學學習，如果父母經常口角、打罵，他們很容易便學會這些行為。如果父

母自己說話有禮，清潔整齊，又時常好好表達對他們愛護的話，不用嚴刑或管制，子女們都會自動地表現良好的。

三、要了解子女的情緒與感受

兒童都是有價值的個人，他們有感覺、憤怒、愉快、驚心、害怕或其他，要能給予小孩一個發達情感的機會才會對他的生長發展有幫助。如你能表示你去了解他，或幫助他將心事傾吐，他會感到好過點。或者如你引導他從事其他活動（如散步、玩耍、看書等）亦可幫助他減輕他心情的激動及煩惱。

四、管教要嚴緊亦同時要友善

對某些規則，父母應要求孩子們在任何時間都遵守。例如：如果你要訓練一個兩歲半的小孩在飯桌旁吃飯的話，你一定每次都根據此同一原則。假如你一次鬆懈，則很難再次訓練他繼續此習慣。要令到他滿足你的期望，可以有許多方法。例如利用環境佈置來使兒童就範，強調與父母及兄弟姐妹們一同吃飯的樂趣等。

五、父母言行要一致

言行一致會維持孩子們對你的信心。如果你應承帶他出去散步，但結果又沒有實行，你的子女便學到以後不尊重你的說話或要求。很多父母喜歡在他人面前取笑地叫自己的子女們做「頑皮」、「傻仔」或「大賊」，小孩子很難了解他們的父母實際對他們的眼光及愛護程度的。

六、管教可用不責罰的方法

三四歲以上的小孩可以用理論。有時你可以和他們商量。例如：「如果你幫媽媽的忙，我們可以有許多時間玩或出街。」做父母的不能對每件事都用責罰來處理，通常在責罰前應先予警告。

七、父母兩人都要同時負責管教

做丈夫與妻子的管教方法都應該一致。很多時我們聽到媽媽們說：「你這樣頑皮，你父親回來，他會打你一頓。」這樣說法只反映出母親缺乏管教能力，結果孩子不但但不會尊重媽媽，甚至不喜歡爸爸。

八、父母切忌做的——

1 批評與壓迫造成孩子的恐懼心理及遏阻他們的好奇心與創造性。

2 體罰：兒童改錯只是由於怕被父母打，並非了解他錯誤的行為。

3 將孩子分隔：「黑房」政策只可增加恐懼，而對別人及環境缺乏信心。

4 口頭責罵：恐嚇只會帶來壞行為，譏笑會阻礙兒童學習。

5 利誘：只會助長孩子以後向你們或他人勒索，時常要求報酬才肯去做點事。

For tenants, holding back rent is legal but risky

Tenants living under conditions hazardous to their health and safety now have a powerful remedy at their disposal. A recent Supreme Judicial Court ruling gives tenants the right to withhold rent if conditions within the housing unit make it unfit to live in. The tenant may cut back on rent payments after notifying the landlord of the defect and may continue to do so until the defect is corrected.

What does this ruling mean for the average tenant? The Boston Consumers' Council provides some advice to tenants regarding the rent withholding option.

Who May Withhold Rent?

When landlord and tenant sign a lease, each commits himself to certain legally binding obligations. The courts have held that the landlord agrees to provide premises which are fit for human habitation, and the tenant agrees to pay rent for such habitable premises. If the landlord fails to deliver or maintain the premises in a manner suitable for human

health and safety, he has broken his agreement and the tenant is not obligated to pay full rent until the premises are restored to habitable condition.

What Is Habitable Condition?

The minimum health and safety standards for housing units are set forth in the State Sanitary Code. The Housing Inspection Department of the City of Boston enforces the Code by certifying violations and ordering compliance with the Code. A copy of the regulations is available at Housing Inspection by calling 725-8485.

While the courts have not defined what would constitute just cause for rent withholding, it is clear that serious violations of the State Sanitary code, those which endanger the health and/or safety of the tenant are intended.

Such violations would include lack of necessary utilities such as heat and hot water, electricity, as well as health and safety hazards such as defective wiring, unsanitary plumbing, falling plaster and so on.

How Much Rent May Be Withheld?

The amount of rent withheld must be reasonable. It should correspond to the actual damage suffered by the tenant in the loss of the use of the apartment and essential services. Thus, when a tenant is without heat for one week, a rent reduction of 7 days would be reasonable. A tenant is not justified in withholding full rent.

What If The Landlord Agrees To Make The Repairs?

The court does not require that the tenant allow the landlord a 'reasonable time' to make repairs before withholding rent. While it makes sense for the tenant to allow the landlord some leeway when he is making a good faith effort to correct the defect, the tenant need not be put off from exercising his right if he is suffering a genuine hardship. Rent withholding may begin as soon as the landlord is given notice of the defect.

What Steps Should Tenants Take Before Withholding Rent?

The Boston Consumers' Council urges tenants to follow this procedure prior to any rent withholding action.

First—Report any suspected violation to the Housing Inspection Department of the City, at 725-4788. The Housing Inspector will investigate the complaint, and if a serious Housing Code infraction is involved, will issue a violation notice. Consider withholding rent only if such a violation is certified. Get a copy of the violation notice. The tenant need not allow the compliance time given by the HID Inspector before deducting rent, but he is wise to have in hand written evidence that the violation exists.

Second—Notify the landlord of the existence of the violation. Send the notice by certified mail and include a copy of the HID violation notice.

Third—If at all possible negotiate with the landlord to arrive at mutually agreeable

figure to be withheld. Sometimes merely bringing up that option will persuade the landlord to make speedy repairs.

Finally—A word of caution. Tenants should weight the issues carefully before deciding to use rent withholding as a remedy. A tenant who withholds rent without good cause may find himself facing an eviction notice for non-payment of rent or presented with a court order to pay back the withheld rent. He may strain relations with his landlord to the point where future dealings are difficult or impossible. Negotiation and compromise often prove more fruitful remedies in the long run. Should these attempts fail, however, the tenant should not hesitate to use rent withholding to ensure the right to safe and healthy housing.

If you have a question regarding rent withholding or a similar tenant inquiry, contact the Boston Consumers' Council at 725-3320 for information and advice.

Students learn Chinatown issues, become involved

By Ken Yee and Josephine Lok

Ken Yee and Josephine Lok are undergraduate students at Harvard University and members of the Harvard-Radcliffe Asian-American Association

CAMBRIDGE, MASS. Forced busing, overcrowded and dilapidated housing, and harsh working conditions are some of the major issues confronting the Chinese community in Boston. Students at Harvard-Radcliffe learnt about these problems at the Chinatown Forum sponsored by the Asian-American Association, the Chinese Student Association, and the Chinatown Committee of the Phillips Brooks House (an on-campus organization) on December 3, 1979.

The panel of speakers consisted of Michael Liu, a member of the Chinatown Housing Task Force; Suzanne Lee, a teacher and a member of the Chinatown People's Progressive Association, and Mrs. Wong, an immigrant garment worker (who spoke through a translator).

Suzanne Lee spoke about the inefficiencies of busing and its effects on the Chinese and other minority communities. She stressed the language barrier, the geographic distances, the racial hostilities, and the lack of adequate safety precautions, as well as the absence of curriculums pertaining to the history and contributions of minorities in the country. The beating of the Choi Youth (1975) and the shooting of Darryl Williams are examples of these harmful effects. Furthermore, racially balanced schools are not necessarily racially integrated within classes. She also described the boycott of busing organized by the Chinese Parents' Association in the fall of 1975.

Michael Liu presented a slide show on the history and current housing problems in Chinatown. Over the past 20 years, the population of Chinatown has steadily increased while its land area has diminished due to the construction of the Southeast Expressway, Mass. Turnpike, and, currently, the expansion of Tufts-New England Medical Center. 70 percent of the housing in Chinatown is dilapidated, and Liu's story of the elderly Chinese who froze to death in his apartment last winter brought shock and anger to all. In response to this situation, the Chinese community is joining together to demand better housing for Chinatown residents and to oppose evictions of Chinatown tenants for institutional expansion purposes.

Mrs. Wong spoke about the poor working condition for Chinatown residents. A majority of the women lack English-speaking ability and are forced into the garment industry, where they face low wages and sometimes unfair bosses. There is little support from the union, as evidenced by the lack of translations of union rights and benefits. Mrs. Wong also mentioned the working conditions of Chinese restaurant workers — the 60-72 hour work week, the harsh physical labor, and the lack of health benefits and pension. These economic hardships make it difficult for parents to spend a great deal of time with their children, and have led to a disintegration of the family and increasing juvenile problems.

Asian students have historically viewed that there is an important bond between students and the community. This bond was forged out of the movement in the late '60's and early '70's based on a common culture, experience, and history of oppression and discrimination as Asians in America or across the Pacific.

The Harvard-Radcliffe Asian-American Association has an ongoing Community Involvement Committee, and in the past has supported Chinatown issues such as the Tam Brother Defense (1975) and the fight for better housing. It has also worked with the Chinatown Committee of Phillips Brooks House in placing students in volunteer work in Chinatown.

Michael Liu told students that it is "really important for college students to be aware," and that support of students does "make a difference." He also urged students to consider going into community work after graduation.

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Asian actor works hard to break stereotypes

Mochizuki used many of his own teen-age experiences to develop the character of Sato. "Anything you do will say something about your experience," he believes. Mochizuki, like Sato, was politically active as a student spokesman in high school.

However the similarities cease with Ken Sato's parents and Mochizuki's. While the TV character's dislike Sato's aspiration towards carpentry and prefer that he enter a more financially rewarding field, such as law or medicine, Mochizuki found his parents tolerant of his acting plans.

"My parents weren't the strict, traditional Asian parents; they never pushed me into a career. Of course they may have thought I was crazy for choosing acting," says Mochizuki, a Sansei, or third generation Japanese-American. "They probably would have preferred that I enter another field, but my father's side is artistic and they saw it coming."

Mochizuki grew up in Seattle, Washington. And much like the TV series' Abraham Lincoln High School, the school Mochizuki attended was also multi-cultural, with one-third of the population equal numbers of black, white, and Asian. At the University of Washington, where he majored in communications, Mochizuki turned to acting in his junior year. After graduation in 1976, he moved to Los Angeles to join the East/West Players, a well-known Asian-American actors group.

According to Mochizuki the East/West Players is group of professional Asian actors who feel strongly that they deserve more substantive roles in theatre and television. The company formed in 1965, at a time when few jobs were open to Asian-American actors.

Ken Mochizuki, a 25-year-old actor from Los Angeles, breaks the stereotypes of the passive Asian male in his new role as the hard hitting student editor of "The New Voice," a WGBH public television production planned to air nationally in the fall of 1980.

"Traditionally, we've only seen Asian-Americans portrayed as gardeners, houseboys, and Japanese soldiers. Asian females are made to look conquerable — feminine foils. We've never been expressed as total humans, but just as tokens or faces," said Mochizuki.

Mochizuki plays Ken Sato, the aggressive editor of the Abraham Lincoln High School newspaper, "The New Voice," also the production's title. Unlike the stereotypical quiet, passive Asian student, Sato is politically active, and authoritative. He spearheads the newspaper and is instrumental in its operations.

"The New Voice" is targeted for adolescents of all ethnic groups. Producers of the show hope that the program will increase multi-

cultural understanding through the use of role model/actors from different ethnic groups, secondly, that the show will encourage development of teen-age life and career goals.

"First we tried to eliminate ethnic characterizations, then, placing our melting pot of kids, white, black, Asian, Hispanic, and Native American, into a peer group, we're hoping our viewers will begin redefining their value judgments. We want to increase people's sensitivity. Adolescents, as well as other age groups can learn to respect one another, and that's where it starts," said Bob Glover, "New Voice" producer. Glover is seeking an Asian writer to incorporate further ideas into character development and scripts, especially Sato's character.

"Other than just providing entertainment, we promote historical and social awareness," Mochizuki said, emphasizing the need for Americans to know Asian-American history, and to recognize the railroad labor and the relocation camps. "Japanese-Americans went through a very difficult period in American society," he added. Mochizuki's grandparents were sent to Minidoka, a Japanese-American concentration camp in Idaho during World War II.

"Acting is a way for me to express to other people, what and how Asians are like. All across the South and Midwest, some of these places have never seen our faces. Television can broaden and educate people," Mochizuki believes. He appeared in episodes of "Operation Peticoat," and "M*A*S*H" as well as several Asian-American theatre productions, such as "Year of the Dragon," and most recently, "Once Upon in America."

"The New Voice" finished its first 13 episodes in August and will shoot another 13 in February.

"I've been pretty fortunate, but the term 'starving actor' is certainly true for me at times. I never know where I'll be tomorrow or if I'll have money," Mochizuki reflects.



"Acting gets really hard sometimes not only physically, but emotionally. You never settle down, you practically kiss your personal life away. It's a common fallacy that acting's a joy ride, but that's very, very not the case. Sacrifices are big.

"But I find my rewards in being able to project something to society. I love the travelling. It's been great staying in Boston for the first time. I enjoy acting. And the best thing for me is to have someone from the audience come to me after a show and say, 'Hey, I've learned something from you tonight.' Those things make acting worthwhile."

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One way to get the media in Boston to pay attention to a community's problems is to make some noise. The Dec. 12 Chinatown Housing and Land Task Force's demonstration at the USDA Nutrition Center brought Boston's three major television news stations to the scene on Washington Street as about 100 people

rallied near the entrance of the ground-breaking ceremony tent. The Boston Herald American ran a story the day before and the day after the demonstration. The Boston Globe, however, apparently deemed the event as not newsworthy and did not cover the two-hour rally.

Good Recordkeeping Helps Avoid Tax Problems

For many people the most difficult part of taking care of taxes is keeping track of records of income and outgo that, when examined together, produce the correct tax liability.

Millions start off the year with great recordkeeping intentions only to realize at year's end that those countless bits and pieces of important paper are scattered all over the house or office. The thought of trying to find them all, much less put them in some kind of order, can reduce the most determined taxpayer to a procrastinator.

The Internal Revenue Service doesn't require any particular type of record system—as long as the system accurately reflects your situation. They do, however, offer some record-keeping insights and these could save you money and frustration come tax time.

For example, good records might indicate it's to your advantage to itemize deductions on your return. Deductible expenses in this area include certain dental and medical bills, charitable contributions, interest payments, local and state taxes and miscellaneous expenses, such as union dues or uniform maintenance. Good records will show exactly how much you spent, eliminating guesswork that can cost you money, either at the time you file or later, in the event of an IRS audit. The IRS continually advises that the individual who keeps good records is not apt to overlook deductions to which he or she is entitled.

For the person involved in a trade or business, permanent records must be kept to verify several areas of the tax return. The records must show income, deductions and credits; inven-

tories, employees' names, addresses and social security numbers; and the sale of items subject to federal excise taxes. Again, these records can be elaborate or simple, as long as they are accurate. Remember, they also can help pinpoint deductible items or be used to focus on certain business problem areas or requirements.

Regardless of the type of records you choose, a little planning and organization can help immensely. One suggestion: start each year off with a large manila envelope or shoe box with the word TAXES and the year on it. Keep it handy and file the records and receipts that you think might be valuable. You may not need all these records and receipts at tax time but at least you'll have them all in one place. It's easier to weed out the unnecessary records than to go scout up the necessary ones from 17

different nesting places.

Regardless of how complete your records are, the question will arise as to how long they need to be kept. Some taxpayers dump the whole load on April 16; at the other extreme is the individual who can go to the closet and drag out receipts from 1959.

For most purposes it is only necessary to hang onto the records used to prepare an income tax return for three years from the due date of the return, or two years after the actual filing date, whichever is later. If you are going to be audited, this is the period which will generally be examined.

As with everything else, there are exceptions. For example, to income average, you will need your tax records from the previous four years to establish eligibility. And records pertaining to a home or other real estate should be kept for as long as you own the property. Once you sell it, you'll need to know exactly how much you paid for it and the costs of any improvements made over the years.

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麻省雙語專業教師訓練班

專業課程

因為我們缺乏有資格、持有文憑的雙重語言專業教師，所以不少因為我們缺乏有資格、持有文憑的專業教師，所以不少少數民族未能參加專業課程，為了彌補這個不足，麻省職業教育部現已資助佛拉保州立大學在波士頓設立一個雙重語言專業教師的訓練課程。

麻省教育司署專業教育部門指出，成為一麻省津貼專業學校的專業教師的基本條件如下：

臨時核准（證書）

教育：持有美國中學畢業文憑，外國中學畢業文憑，或麻省普通教育文憑。（如應徵範圍是農業、家政、分配教育（商科）或醫藥衛生，應徵者還需持有大學畢業文憑或曾受專門訓練）

工作經驗：持有六年或以上可被證實的，在美國或海外符合規格的工作經驗，其工作經驗必須和應徵者所希望執教的範圍相同。

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全面核准（證書）

十八個專科教師訓練的大學學分，其中包括「職業教育的基礎」一科（詳細目錄可向專科教育部門索取）。

佛拉保州立大學雙重語言專業教師訓練課程

這課程的目的是在於協助合適人選成為雙重語言的專業教師。我們的晚間課程設有「職業教育的基礎」科（六學分）和「雙重語言職業資料」科（三學分）。學費是由課程支付，而學分則是由佛拉保州立大學頒發。合格人選將會在波士頓上課，每週一晚。每月一個星期六，間中每週還多上一晚。我們還有課外服務，幫助學生們準備他們的州際專業考試。一九七九年十二月開始上課，至一九八〇年六月結業。有意者請即電四八二 七一九二

和本課程有關人員聯絡，合格人選將會在十一月十五日前被選定。

專業科目範圍

以下是麻省專業教育部門舉辦的各種專業課程：

- 汽車機械修理
- 電子
- 木工
- 機械修理
- 電器
- 工程繪圖
- 車身修理
- 烹飪
- 燒焊
- 印刷繪圖藝術
- 美容學
- 水喉修理
- 資料處理
- 打鐵
- 油漆及裝飾
- 櫥櫃製造
- 商業藝術
- 空氣調節
- 大廈管理

泥瓦匠
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傢俱業

工業縫紉

小型機器修理

醫藥衛生職業

分所教育（商科）

農業

家政

（以上科目需要大學畢業文憑和三年工作經驗）

普遍來說，在未成為教師以前，麻省的專業教師都已是成功的專門技術人士，他們之所以成為教師是因為：

他們希望和別人分享他們的技能
他們希望指導年青的一輩，和他們一起工作。

他們希望有一個固定的職位（通常三年以後，教師的職位便確定了）。

他們希望有一個學校工作時間表——通常是由九月至六月，星期一至五，每天早上八時至二時半，每年另有數星期的額外假期。（還有額外的時間用來娛樂，賺取外快，及與自己的行業保持聯繫）

他們希望對他們的社區有所貢獻，為年青的一輩爭取工作機會。

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昆市學校榮哀錄

它曾作育多少英才

一八四八年，當宰牛房仍在柯士頓，而波士頓碼頭仍停泊無數帆船的時候，紐英崙的中國人仍「廖廖可數」，在太勒街建了一所新學校，用作容納波城南區「男士文化學校」的過剩人數，這就是現在的舊昆市學校。它比你或我的「祖父的曾祖父」還要「老」。

一九七五年，因為太擠迫，師生們都搬到現在華盛頓街新校，舊校從此空置。

此座舊昆市建築物數年來曾被計劃改為社會中心，但至今，仍未有明確的結果。

得助於其他社會機構，安良工商會最近又致力於籌備金錢，計劃改建舊昆市，但尚未有人能預料何時可以動工。此建築物現仍空置，窗戶破爛，並未修理。

一位一九二九年就讀於昆市學校四年級，現仍住在華埠的陳維憶述：「昆市是一間很好的學校。我記得當時只有一位中國人和我同班，而當時有相當多西利亞人。」

當陳維憶還是小孩的時候，波士頓的華人很少，大多數華人都是經營洗衣店。華人經營餐館，自第二次世界大戰以後才普遍起來。雖然，根據記載，一八九七年已有華人就讀於昆市學校，而真人數已不可考。在一九〇〇年以前，昆市學校八百學生中，華童不超過五位或六位。

自昆市開校的四十年，似乎未曾有過華人學生。當時（一八九七年）的報紙記載謂「就讀人士多數居住在新馬、太勒、乞臣、夏利臣街附近，有五分之一學生是土生的愛爾蘭人。現時（一

八九七年）此校有美國人、中國人、波蘭人、亞美尼亞人及意大利人，而後校更增加不少異族學生，尤以後抵美國之人士最為好學。」

昆市學校以第二任波士頓市長早士亞·昆市為命名。（一八二三—一八二八）此校是波士頓「首先設立正副校長各一名」的學府，證明該校辦得相當成功，因為一九〇一年學校委員會的報導：「六年來，還沒有任何一間舊校任用兩位校長」。

昆市學校在波士頓的學校歷史中還有兩項「首創」記錄：不同班級有不同課室及每一學生有一張課桌。

五十年前曾就讀該校的關愛美說：「我記得當時我的家人謂華埠大約有四十家中國人。」關又謂「汝倫街是當時最寬闊的街道。住在附近的華人學童，大多數在昆市就讀，而當時並沒有雙語課程和教師。」

從舊照片中可見昆市有四層，現在只有三層。陳維憶述「第四樓以前用作禮堂，但後來，約一九三八年，受颶風毀壞，此不過是我的猜測。」據載，一九三八年紐英崙一次最大颶風曾襲擊省各地。

一九五〇年代中期，昆市學生人數大量增加。現任華美福利會房屋主任的鄧女士曾就讀昆市至一九五五年。由幼稚園至六年級，她記得當時只有一位黑人，三位西利亞人，其餘都是中國人。因為昆市「不斷延期修理」，而華埠又嚴重屋荒，所以有些居民提議「將它改造成住宅」。而安良工商會的陳保羅謂：「絕對不可以，現在在籌備基金以改建此樓宇，然後再將它善加運用。」

「恢復健康」，再發出它生命的光輝。

波城華人佈道會

廣傳福音慶聖誕

波城華人佈道會之聚會友，於十二月廿四日起正式展開一連串之慶祝聖誕生節目。

十二月廿日，馮雅各牧師、牧師助理陳卓明弟兄與十餘會友訪問君子樓之眾位耆英。節目除由馮牧師作短祝福外，並由熱心之會友音樂表演，與眾共享佳音與歡樂。

當晚，約着亞團契並舉行感恩見證餐會，在歲末，當眾人之前數算神的恩典與聖誕節不同的感受。

廿一日晚由粵語青年組成之「約書亞團契」與英語青少年組成之「枝子團契」合辦聯歡餐會。會中除放映電影「不單祇是個木匠之外，並唱詩歌頌讚神賜耶穌於人類的恩典，當晚真是燭光閃耀，歌聲縈繞不絕於耳。

十二月廿二日星期六下午一時，主日學小學部門舉行聯歡會，共有五十餘位參加。會中有聖詩

波城僑領黃高秀

榮膺僑委會委員

【波士頓訊】此間僑領黃高秀，忠誠愛國，熱心服務僑社，數十年來如一日。最近被蔣總統委任為僑務委員會委員，其本人深感榮幸。該埠友好，於十一月一日下午六時半，假座華珍酒家，筵開十四席款宴，以示慶賀。席間由中華公所主席黃鴻樞致歡迎詞，語多祝賀與讚揚。繼由黃委員致答謝詞，言多謙遜，及感謝各

、短劇、遊戲、茶點之外，並由主日學教師分派聖誕禮物。主日學校長溫司卡弟兄表示感謝諸位主日學教師之辛勞，並贈予禮物。當日之短劇劇名為「國王的禮物」，由十一位兒童演出，郭倩媛姊妹與黃碧霞姊妹負責編排。聯歡會歷時二小時，眾均歡樂而散。

廿三日上午十一時舉行聖誕崇拜，除由詩班特別獻唱聖樂外，並由馮雅各牧師述說聖誕之真義。執事會並備生菓分派三百餘會眾，以表慶祝救主之降生。

廿四日聖誕夜晚六時半，約有五十餘位青年依照往年慣例，向達夫醫院住院病人與華埠歌報佳音。佳音團首分三隊，分別在醫院各樓、迴報佳音。後整隊前往華埠及公眾聖誕樹旁歌唱。最後到大同村與公路村和各華人居民共享佳音。

婦女團契於廿日下午二時正式邀請主日學，弟兄團契，枝子團契與約書亞團契等共同參加聯歡會，百餘人在會中欣賞表演，同慶聖誕與新年之來臨。

編者小啓：本期因篇幅關係，來稿無法盡登，或刊登而篇幅較多，謹致歉意。

友好宴賀盛情，並願溝通政府與僑社之聯繫。詞畢，各友好舉杯向黃委員致敬賀之意。至九時，宴會完畢。

黃高秀先生近照



更正

十二月份本報刊登之「燃料補助標準圖表有誤，特更正如左

家庭人口	年入息總數
1	4,250
2	5,625
3	7,000
4	8,375
5	9,750
6	11,125
7	12,500
8	13,875

重要房屋會議

本月廿四日，星期四，華埠將召開一個中、英文的公開會議。其目的是討論華埠的房屋問題與及達夫醫院的任務，土地利用等。地點在華盛頓街八八五號，昆市學校，晚上七時舉行。

中華頤養院籌建募款
中華耆英會響應支持

此間華人耆老，日漸衆多，而療養院尙付闕如。所以一般熱心人士，發起籌建中華頤養院。經四年餘之籌劃，現已獲得政府有關各部門批准。而中央政府，亦允諾撥款三百二十餘萬元為建築費。但指定華人區必須籌募三十萬元為開辦費，而且限於十三個月內籌足，始行撥款。因此之故，籌備處正在進行募款。而中華耆英會董事長朱曉東，副董事長陳郁立，主任梅伍銀寬，亦是中華頤養院策劃籌謀人員，所以該會率先響應支持，展開向會員募捐運動，聞已募得數千元，仍繼續努力推進。

1980 年 一月 美國移民配額

類別	出生地	中國出生	香港出生
第一優先 美國公民二十一歲以下未婚子女		有 名 額	有 名 額
第二優先 持有綠咭者之配偶或未婚子女		5-22-79	11-15-75
第三優先 專業技術人員		有 名 額	1-1-69
第四優先 美國公民之已婚子女		12-1-76	8-1-77
第五優先 美國公民之兄弟姐妹		3-8-74	4-1-68
第六優先 技術及非技術工人		5-1-78	6-1-76
非優先		無 名 額	無 名 額

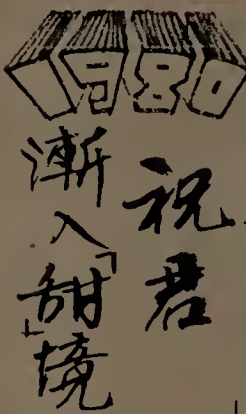
Sampan

新報月刊

出版人 華美福利會
地址 波士頓華盛頓街
電話 六八四號
四二六四九五

恭賀新禧

舢舨月刊同仁鞠躬



本報記者曾卿命向中國畫家溫天羽先生
「索畫」為讀者賀新歲，當時溫氏在他的
畫室伸紙揮毫，為讀者作此畫。但見其運筆
如飛，俄頃之間，一幅水墨淡色「葡萄」
便告完成，水墨淋漓，使人精神為之一爽。
溫氏所寫葡萄並無畫題，不過讀者對葡
萄實在熟悉。其成熟過程由酸入甜，釀酒
最佳。爰代擬「漸入甜境」四字，作為一
九八〇年本報新歲頌語，亦能表達溫先生
畫作之涵義。

此，敬祝讀者諸君：
高擎「夜光杯」！
暢飲「葡萄酒」！
歡度「甜蜜年」！

外僑登記

所有外僑（包括持有綠咭之
永久居民、旅遊者、海員、學生
、難民）在每年一月份，有責任
向移民局登記報告。
在一月份內，逢星期一至五，
上午九時至下午五時，華美福利
會提供登記表格及代為填報。
華埠小市府同樣也協助外僑人
士登記。登記時請攜同工人咭、
綠咭、或白咭等。

聯誼聚會紀盛

首屆華人家長教師
由華人雙語家長諮詢委員會主
辦之首屆華人家長教師聯誼聚會
已於十二月廿三日下午在華埠大
同村愛群托兒中心舉行，成效頗
為圓滿。
當日下午自一時廿分起，五十
餘位華人家長與教師相繼到會，
簽名後，即分別參與以學校作為
單位的小組討論。此類討論不但
供給家長與教師們有相互發意見
見與討論的機會，並且可以當場
與有關負責人員接洽，謀求決策
或解決方案。當日參加討論者共
有七小組。
二時廿分，各教師與家長聚集
一堂，由波士頓華人雙語教育部門
主任趙禮斌女士主持。趙女士除
介紹各位來賓外，並就她個人多
年任教之心得，鼓勵家長與師生
之間的聯繫，以迎刃解決教育方
面的疑難。
全市家長諮詢委員會華人代表

馮甄若素女士並在會中表示，華
裔學子應與其他種族學童一樣接
受同等待遇，華、家長與師生們
應全面性的逐漸加深對目前波士
頓教育體系的認識，並開始參與決
策之推展與擬定。
華人雙語家長諮詢會主 余黃
小娜女士鼓勵並支持與會者就巴
士問題、轉學或入學事宜，與特
別輔導等事項，踴躍地向各學校
之種族家長委員會發表意見，並
提出具體之建議，以便學校接納
，進而推展與實行。聚會於三時
正式結束。會後各位來賓、教師
、家長與孩童們共享由華人經濟
發展協會廚師訓練班捐贈之炸雞
翼、叉燒撈麵、杏仁餅等食物與
果汁。
波士頓雙語課程主任曾俊華君並
裝扮聖誕老人，分派糖果與卅餘
位兒童們同歡。
當日來賓計有波士頓雙語家長聯
絡人安琪拉女士，第一學區雙語
主任，波士頓雙語課程主任曾俊華
，華人青年協會主任梁素英女士

廚師訓練班

波城華人經濟發展協會主辦之
廚師訓練班第四期開始招生。定
於二月十一日開課，六個月畢業
，全部免費。課程包括：一 各
式中餐烹調及點心製法。二 廚
務管理。三 英語班。有意入學
者，請電話（六一七）四二六
七四四三詢問詳情，或向訓練班
函索章程，地址為：
CEDE Chef's Training School
20 Hudson Street, Boston,
Mass. 02111